



• No artificial flavors or sweeteners • Take with or without food or water • Gluten-free • Contains no wheat, milk, soy, egg, peanut, tree nuts, fish or crustacean shellfish allergens

SUGGESTED USE: Adults: Take two (2) gummies daily. Do not exceed suggested use. Not formulated for use in children.

Supplement Facts

Serving Size 2 Gummies (Servings Per Container 45)

Amount Per Serving	% DV
Calories 15	
Total Carbohydrate 3 g	1%†
Total Sugars 3 g	*
Includes 3 g Added Sugars	6%†
Vitamin A 750 mcg	83%
Vitamin C 45 mg	50%
Vitamin D ₃ 25 mcg (1,000 IU)	125%
Vitamin E 18 mg	120%
Vitamin B ₆ 3.5 mg	206%
Folate 267 mcg DFE (160 mcg Folic Acid)	67%

% D
1,042
100
60
6
53
45
<2

† Percent Daily Values (DV) are based on a 2,000 calorie diet. * Daily Value not established.

Bottle sealed with printed foil under cap. Do Not Use if foil is torn. Marketed by: Pfizer, Madison, NJ 07940 USA © 2019 Pfizer Inc. (Questions? Comments? Call 1-877-CENTRUM (236-8786) For most recent product information. visit www.centrum.com Ingradients: Sugar, Glucose Syrup, Water, Gelatin, Tribasic Calcium Phosphate, Ascorbic Acid (Tr. C. Oortalian 2-%) of Annath Seed Extract (color), Biotin, Calcium Pamatibherate, Carnauba Wax, Cholecalciferol (Vit. D₃), Citric Acid, Citrus Pectin, Cyanocobalamin (Vit. B₁₂), DL-alpha Tocopheryl Acetate (Vit. E₇, Folic Acid, Furutt andfor Vegetable Julice Concentrates (purple carrol, maqui benry) (color and/or flavor), Invert andfor Vegetable Julice Concentrates (purple carrol, Haquiberry) (color and/or flavor), Folica Sci. Medium-Charin Triglycerides, Natural Flavors, Potassium Iodide, Pyridoxine Hydrochloride (Vit. B₆), Sodium Citrate, Sodium Lactate, Turmeric (color), Vitamin A Acetate, Zinc Sulfate.

Keep out of reach of children.

Do not take this product with other products containing folic acid or vitamin A.

As with any supplement, if you are taking medication consult your doctor before use.

Store at room temperature. Keep bottle tightly closed. Protect from moisture.

Due to use of plant-based colors, gummy appearance may change over time.

This does not alter the product potency.

† B-vitamins help support heart health*

Vitamins A, C, and E support healthy eyes*

Vitamins A, C, and E support nearthy eyes*
 Vitamins D and B6 help support muscle function*

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